

**Kamehameha Schools Kapalama  
Men and Women's Kayak Team – 2018**

Aloha Warrior Kayakers and Families,

For the upcoming kayak season we will practice at the Ala Wai. The following is for your awareness and understanding.

- Safety. The Ala Wai's controlled/confined environment: reduces the opportunity for new or returning athletes to potentially become separated from their kayaks; allows coaches to better monitor all athletes; and the shorter distance to shore is ideal in the event of an emergency. Sand Island is a larger ocean and practice area that is harder to contain the athletes. It is also more exposed to the trade winds that often push new athletes out away from shore with the possibility of kayak-paddler separation. Without a safety boat at Sand Island or leashes for all kayaks, beginning and returning kayakers' safety are at risk.
- Coaching. The Ala Wai's bike path and sidewalk make it ideal for coaches to ride their bikes or run along to provide technique corrections, direct/immediate feedback, and explain workouts. The course distances are clearly marked making it ideal for planning/executing workouts and conducting time trials. There are more abundant grassy areas for ground workouts with a circuit workout station for those kids not in kayaks. At Sand Island, there are no clear distance markings in the ocean, limited workout areas, and impossible to coach from the shore. We expect more student athlete participants this year than we have kayaks and coaching the athletes in/out of the water is a big factor.
- Hygiene. The Ala Wai has a reputation for being contaminated and unsafe for swimming however; many other canoe and kayak teams practice there with very limited cases of hygiene issues in recent years. We have not heard or reported any KHS Kayakers suffering from ill effects from the Ala Wai. Sand Island shares the same water as Keehi Lagoon and Honolulu Harbor hence, not as clean as people think it.
- Equipment Care and Storage. Interestingly, at Sand Island our kayaks have sustained more damage to the rudders, hulls, and paddles due to the shallow shoreline, rocky/glass beach area, and windy conditions; kayaks sustain minimal damaged at the Ala Wai.
- Bus. We will coordinate with the Athletic Department for bus support from Paki Circle-Ala Wai-Paki Circle for practice days and Paki Circle-Sand Island-Paki Circle for race days.

Practices at Sand Island are likely more desirable; especially with the races scheduled there. The advantages of practicing at the Ala Wai (safety and coaching ability) outweigh conducting practices at Sand Island. Thank you for your understanding. If you have questions or concerns, please contact us via email or the TEAMAPP.

TEAMAPP: <https://www.teamapp.com/clubs>. TEAMAPP is a great "FREE" APP that we will use to notify everyone about practices, race schedules, snack assignments, etc. It is an easy-to-use tool.

<https://khs kayak.teamapp.com/>

- Download to your smart phone
- Submit requests
- Information viewable from smartphone or web portal

Upcoming Dates:

- 08 Aug 2018 KHS Kayak Information Session at Koiaia
- 15 Aug 2018 KHS Kayak Day 1 Practice at the Ala Wai

IMUA WARRIORS!!

Aloha,

Coach Kaihe Chong  
Coach Blane Chong  
Coach Tate Keliihoomalu  
Coach Mike Rawlins  
Coach Rich Williams  
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